



Health and fitness apps can change your life

HEALTHY APPS | JULY 30, 2012 | BY: SHERYL CRAIG

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Are you fighting the urge to slurp down a **cold coffee drink** today? Opting for the lounge chair instead of heading out to **Spase's spin class**?

It's a challenge when summer temptation is all around. Today, millions of people are plugging into smartphones and tablets to help count calories, track weight loss, and discover new ways to stay fit. Fight summer laziness by downloading these friendly virtual tools to keep you in line and off your butt.

Food-friendly

MY FOOD FIGHT from GreatApps.com is a free and fun, interactive tool promoting the benefits of organic nutrition and tips on how to live a more sustainable lifestyle. In the game,

the healthier food you eat, the more energy you retain. Bad food choices could result in the end of your **virtual** life. So why not have fun playing while learning about the benefits of avoiding GMO's (genetically modified ingredients) in your **real** life.

ICARBS-INUTRIENTS: CARBOHYDRATES another GreatApps.com option records your intake of specific nutrients and foods (iOS> 4.2.1 required). The information is maintained for one year.

Make a new workout buddy.

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Fleety is a favorite for motivation regardless of your **fitness** level. It's so easy to use. Find your favorite workouts and exercises and receive points each time you log an activity. Each time you **achieve a milestone**, you get to unlock a medal. The virtual Fleety community allows you to up your workout ante by offering **challenges and competitions**, too with other Fleety members.

GreatApps.com's **6 Pack Promise** from **celebrity pro athlete trainer Jeff Cavaliere** will "kick your abs" everyday. Featuring over 105 core exercises, the app's state-of-the-art "ab shuffle" doesn't give in to muscle memory. You'll be challenged throughout the workout with **basic crunches and Cliffhanger Planks**. All fitness levels are welcome. Bonus features include a day by day meal plans and weekly healthy grocery lists.

To the market you go.

ShopWell is a free app that sorts through all the confusing and conflicting food claims out there today. It **scores food products such as frozen food entrees to salad dressings to breakfast foods** on how well they meet your individual nutrition goals while deciphering the labels. Run by a team of registered dietitians, Stanford University statisticians, and engineers, ShopWell is the perfect app to take along to the supermarket.

Making smart **diet** decisions are often compromised when on the go. **EatingWell's Healthy in a Hurry** recipe app offers **200 easy-to-make recipes** from the EatingWell Test Kitchen. This app is a healthy but gourmet companion while grocery shopping. You will find tasty recipes like **Chicken & Fennel Flatbread, Eggs Italiano, The Eating Well Taco, Roasted Portobello Caps and a must-try "Quick" Cheesecake**.

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Sheryl Craig is a native Angeleno and currently lives in Santa Monica, California where she often runs on the beach or bike rides through her neighborhood. Passionate about exercising and staying healthy, Sheryl believes her daily workouts keep her sane as she, along with her husband, raise two...

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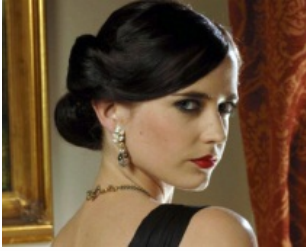
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